

**TRICEPS EXTENSION MACHINE****Abstract of the Disclosure**

5           An exercise machine includes: a frame configured to rest on an underlying  
surface; a seat mounted to the frame and configured to receive a seated user; a pair of  
support pads mounted to the frame forwardly of and above the seat, each of the  
support pads being positioned to engage the upper arms and/or elbows of the seated  
user; a pair of movement arm units pivotally interconnected with the frame and  
10   movable about respective generally horizontal axes of rotation; and a resistance  
system connected with the movement arm units. Each of the pair of movement arm  
units is configured to engage the forearms and/or the hands of the user and is movable  
between a retracted position, in which the seated user's arms are bent, and an  
extended position, in which the user's arms are extended, the axes of rotation forming  
15   an angle of between about 115 and 155 degrees.